

Probatum Est

(It has been proven)

That Ceres contains 20 per cent more nutriment than any other flour, and it makes whiter, lighter, purer and better bread.

CERES FLOUR is the Best.

It is the purest product of the finest wheat from the famous wheatfields of Minnesota and Dakota, and is ground in the finest mills in the country by scrupulously clean millers.

The success of the baking is assured whenever CERES is used. It is the standard flour. It has been used for over a quarter of a century, and has been in competition with hundreds of other brands, and has proved itself the best. All grocers sell CERES. Ask your grocer for it.

Wm. M. Galt & Co.,
Wholesalers, 1st and Ind. Ave.

Imitators Nailed.

The Battle Creek Sanitarium Food Co. struck the nail on the head and drove it squarely home when the public was informed that every package of genuine

Granola

bears a picture of the Battle Creek Sanitarium. Granola is the celebrated strength-giving, predigestion and sterilized food for strong and weak people.



Wouldn't You Rather Drink Culmbacher Beer

Than tea or coffee during the warm weather? It will do you more good. It's a thirst quencher and invigorating beverage. Try it. 24 pints, or 12 quarts, for \$1.25. Delivered in unlettered wagons.

Washington Brewery Co.,
4th and F Sts. N. E. Phone 2154.

June 22, 1901, 10:30

Fish Breakfasts.

Fish is always best for breakfast when prepared in small quantities, either creamed in little baking dishes or made into a simple soufflé. Little fish are also good, from the ordinary pan fish to the delicious brook trout. The commonplace flounder becomes most aristocratic if its bones are removed and it is cut into strips four inches long and one wide, rolled into turbans pinned with wooden toothpicks and fried in deep fat. A bed of watercress with a garnish of lemon adds still more to its appearance. At most fish markets this way of preparing flounders is understood, and for a cent a pound more than the regular price it will be sent home ready for cooking. A pleasant accompaniment for a breakfast dish of fish is either a salad of cucumbers and sliced tomatoes with the same dressing, or tomatoes dipped in crumbs and egg and fried or broiled. Either will go far toward making the meal attractive.

Bound to Enjoy Herself.

From the Philadelphia Press.
"Now, dear," said mamma, giving final instructions to Elsie, who is going to take tea with a playmate, "when you are asked if you will have something you must say, 'Yes, thank you,' and if you don't want it you must say—"
"Oh! You needn't bother about that," Elsie interrupted. "I don't expect to refuse anything."

A Pence Measure.

From the Chicago Record-Herald.
Jones—"Well, I suppose your folks are going away for the summer?"
Brown—"No, we've sent the driver of the phaeton to the lake, but we are staying here for the hot weather if they will let us alone."



Table and Kitchen.

Some Dainty Dishes for Hot Weather.

From our German cooks we may obtain a great variety of recipes for desserts made in the form of cakes and thin, light breads. The cakes very nearly resemble our pancakes and are usually of goodly size, so that one is sufficient for each serving. The batter is made of eggs and flour, cooked in a hot pan and transferred to the oven to be finished. They are served with powdered sugar and quarters of lemon, or are spread with preserved fruit before they are put into the oven and glazed.

German Pancakes.

Sift and then weigh half a pound of flour. Beat three good-sized eggs until light, make a well in the center of the flour and gradually work the eggs into flour until you have a smooth batter free from lumps. Add a tablespoonful of powdered sugar and gradually half a pint of cold milk. Beat the batter again until very smooth and light. Heat a frying pan and when it is hot brush it well with melted butter and pour in the batter. Cover with a pint of preserved pineapple or preserved apples and set in a hot oven for twelve or fifteen minutes, or until the batter is thoroughly cooked through under the fruit. Then slide it carefully out of the pan on to a hot plate. Sift powdered sugar over it and serve at once.

Rolls Pancakes.

Separate four eggs, beat the yolks until light, add one and a half cups of milk, measure one cup of sifted flour and sift with half a teaspoonful of salt, add the eggs and milk to flour and beat until smooth. Beat the whites of the eggs to a stiff froth and stir slowly into the mixture. Put a tablespoonful of butter in a frying pan and when hot pour in enough batter to cover bottom of the pan. Bake a delicate brown on under side and then turn and brown on the other side. When done spread with marmalade or fruit jam and roll up quickly. Serve at once.

Kolatschen.

Put one cup of milk in a saucepan with two ounces of butter, three level teaspoonfuls of sugar and a quarter of a teaspoonful of salt; as soon as the milk boils throw in four ounces of sifted flour, stirring rapidly and constantly until a smooth paste is formed, which loosens itself from the bottom and sides of the saucepan; transfer this to a bowl and set away to get cold, stirring occasionally. Then add one whole egg and the yolks of four eggs, mix with a spoonful on buttered tins, place each portion two inches apart; brush over with beaten egg and bake in rather a quick oven for a few minutes. When they are cold cut an opening in the side of each puff and fill with whipped cream and strawberries. With a half cup of good sweet cream to a stiff dry froth; add half a cup of fresh crushed strawberries sweetened with powdered sugar.

Apple Cake.

Measure two cups of sifted flour, add two teaspoonfuls of baking powder and half a teaspoonful of salt and sift again into a mixing bowl; make a well in the center; beat whites of two and yolk of one egg until light, add grated rind of a lemon, one tablespoonful of melted butter and a cup of milk mix this gradually into the flour until you have a thick batter or very soft dough. Spread this on shallow, well-buttered tins, having batter not more than half an inch thick. Pare and cut into eighth inch slices, wash in cold water, dip the top of the cakes by laying the pieces closely together in rows, pressing the sharp edges into the dough; brush well with softened butter and then with a thick coating with granulated sugar and bake in a hot oven. When done, dust with powdered sugar and cinnamon.

Peach Cake.

Make a good, rich baking powder biscuit dough and roll out until not more than half an inch thick. Place in long baking pans; brush well with butter and cover the entire top of each cake with sliced peaches, arranged in symmetrical rows. Sprinkle generously with granulated sugar, cover the pan with a tin baking sheet or another biscuit pan and bake for twenty-five or thirty minutes. The idea is to cook the fruit thoroughly and keep it from becoming pulp or drying it up and to retain the shape. If peaches are well ripened they may be cut into halves and placed with rounded side up.

American Pineapple Cake.

This makes a delicious summer dessert. For the cake part beat three eggs without separating until very light and foamy. Add 1½ cups of sugar and juice of half a lemon and beat again until it is a foamy mass. Then beat in a scant cup of cold water (not too cold), measure two cups of sifted flour, add two teaspoonfuls of baking powder and sift again. Add this to cake mixture and beat until the batter is very smooth. Spread the batter in two layer cake tins and bake in a rather slow oven for about twenty-five minutes. It must be thoroughly done, but not baked too dry.

The Filling.

Select a very ripe sugar-loaf pineapple, pare and remove eyes and core, chop as fine as possible and then pound to a paste; add sugar enough to sweeten the pineapple to taste and spread between the layers quarter of an inch thick; or cook the pineapple and sugar together until you have a thick marmalade; this will prevent the cake from running away from the pulp while the fruit is being cooked. When the cake is put together, cover it with a meringue made by beating the whites of three eggs to a stiff froth and adding three tablespoonfuls of powdered sugar and a teaspoonful of lemon juice. Bake the meringue very slowly in the oven for ten minutes; if it is too fast it will be spoiled.

How to Use Barley.

Scotch barley should be more generally used than it is, especially as it is so good for children, the aged and those with weak digestive organs.

It may be cooked in any kind of meat broth and served as a vegetable, or served as cream of barley soup, using milk. Scotch barley is delicious, nourishing and most suitable for children and invalids as well as for the robust.

Wash the barley well in cold water and cook it at least two hours before serving.

Scotch Broth.

Take a good-sized neck of mutton, not too fat, have well cracked; cover with cold water and let it stand over a moderate fire until the water is well colored with the juices; then bring to a boil, skim and stir gently for an hour. Add half a cup of well-washed barley and simmer for two hours longer, adding enough boiling water to keep the meat well covered and sufficient to serve six persons. When done, remove the meat and season to taste and serve.

Strawberry Sauce.

Mrs. S. E. K. requests a recipe for strawberry sauce.
Beat two ounces of butter to a cream, then beat in gradually a cup of powdered sugar. Continue to beat until very white and foamy. Just before serving, crush five or six fine, ripe strawberries and mix with sugar and add them to the sauce, beating them in well.

Delmonico Cream Roll.

Same writer wishes a recipe for potatoes cooked in this way:
Pare and chop raw potatoes very fine; add just enough cream sauce to bind them together. Put them into a buttered, shallow baking dish and place in a moderately hot oven in a pan of hot water. Cook until the potatoes are done; then roll them over like an omelet; let them stand a few minutes longer, but do not let them brown. Turn out on a heated dish and garnish with parsley and bacon.

Menus for Every Day.

SUNDAY.
BREAKFAST.
Fruit. Cream. Broiled whitefish. Creamed tomatoes.

Waffles. Maple syrup.

Coffee. Dinner.
Tomato bouillon. Peas.
Smothered chicken. Asparagus.
New potatoes. Crab salad.
Fruit tapioca. Cream.
Cake. Coffee.

STUPPER.
Crab meat sandwiches.
Strawberries. Grilled tomatoes.
Tea. Cake.

MONDAY.
BREAKFAST.
Cereal. Cream.
Broiled salt mackerel. Creamed potatoes.
Heated rolls. Coffee.

LUNCH.
Shredded dried beef with egg sauce.
Quick biscuit. Coffee.

DINNER.
Green pea soup.
Broiled sirloin steak. Sauce bernaise.
New potatoes. Cream sauce.
Asparagus salad.
American cream. Cake.
Coffee.

TUESDAY.
BREAKFAST.
Fruit. Cream.
Broiled sweetbreads. Cucumbers.
Corn fritters. Toast.

LUNCH.
Deviled beef. Corn pone.
Fruit. Cake.

DINNER.
Hot water loaf. Tomato sauce.
Stewed onions. Rice.
Banana cream. Cold slaw.
Coffee.

TRUNKFUL OF COMFORTS

A FEW NECESSITIES THAT WILL ADD TO SUMMER VACATIONS.

Do Not Take Up Much Room and Are Sure to Be Useful in an Emergency.

Written for The Evening Star.

As the season approaches for the summer fitting the wise housewife who looks forward to three or four months spent away from her comfortable home begins to lay aside in her trunk many of the small belongings she knows she will need as the nucleus of her real packing. The foolish virgins who wait until the last moment to prepare for this undertaking sometimes find themselves with no oil at the time when they most need it.

Of course, one does not need to copy the Duke of Marlborough's outfit, but even the best appointed seashore hotel or country house does not provide one's personal belongings, while the majority of moderate-priced cottages and country "homes" require many additions to make them homelike. If you expect to spend a season at one place there are many hours before you in your room, and in this instance as always the gentlemanly man who is a help to those who are too busy to make it a study themselves to append a list of suitable additions to one's luggage. First of all, a small, neat, handsome towel as a cover to the ugly slabs of bureau top one often meets, as well as to the wooden ones spotted and ink stained. A small, neat, handsome towel as a cover to the ugly slabs of bureau top one often meets, as well as to the wooden ones spotted and ink stained. A small, neat, handsome towel as a cover to the ugly slabs of bureau top one often meets, as well as to the wooden ones spotted and ink stained.

Next, a decorative calendar is useful to check off one's board bill, as well as to date letters, while it fills up the glaring wall space. Pictures, too, either bright and cheerful chromes, engravings cut from magazine illustrations, or small, neat, handsome towels as a cover to the ugly slabs of bureau top one often meets, as well as to the wooden ones spotted and ink stained.

Photographs are comforts when away from home, and the best way of enjoying them is to inclose them in a folding case either of leather or paper. These take but little room and are always handy. A table or bureau, while even a row of unframed photos gives the poorest bureau or mantel a homelike air.

Exterior decorations of one's home are especially appreciated if, as so often happens, one runs across an old friend. A table cover made of a square of denim or a small, neat, handsome towel as a cover to the ugly slabs of bureau top one often meets, as well as to the wooden ones spotted and ink stained.

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HOUSE-OLD TRICKS

Boston brown hash makes a breakfast or luncheon dish approved by the average man. Chop very fine the remnants of a rare beefsteak or roast, taking great care that no fragment of bone or gristle is left to mar the whole. Put a layer of mashed potato in the bottom of a buttered pudding dish, then a slight layer of fine, dry bread crumbs. Sprinkle with salt and pepper, dot with bits of butter, moisten with a half cupful of gravy or beef stock and cover with another layer of potato. Smooth the top with a knife blade dipped in milk and bake in a moderate oven until well browned. Serve with poached eggs or omelette.

Now that hot weather is at hand, salads should play an important part in each day's bill of fare. Fruit salads are not nearly so well known as they should be. The dressing of a fruit salad for the gourmet is usually of sweet wine, with just a suspicion of fine liqueurs, but for ordinary use other combinations are preferable. Sweetened whipped cream, lemon juice, fruit juices, French dressing and mayonnaise are all used with fruit.

A fruit salad dressing that is especially good for any combinations of fruits that are not too tart is made by beating together the yolks of four eggs until lemon colored or creamy. Beat in, little by little, a half teaspoonful of salt and a cupful of powdered sugar. Have ready the strained juice of two lemons, stir in at the last and serve at once. This goes particularly well with bananas and oranges. Another good dressing for bananas is made of a stiff, well-sweetened sherry, mixed with a teaspoonful of lemon juice. When ready to serve, add a little whipped cream.

A delicious French salad is made of wild strawberries dressed with claret. Another Persian dainty consists of a mixture of fruit currants and red raspberries with claret.

The almost universal custom of sealing an envelope by moistening the flap with the tongue is now derided by physicians, who report many cases of blood poisoning as the result of cutting the tongue with the sharp edge of the envelope. Danger is also said to lurk in the seemingly innocuous postage stamp, and people are warned against moistening with the lips.

An old New York housekeeper, whose table outlay is always bright and shining, and who emphatically believes in the simplicity of labor gives the following hints to young housekeepers. Save the water in which your potatoes have been boiled, and as you clear the table lay the silver knives and spoons in the water. Wash in hot soap suds and rub thoroughly on a dry, soft towel. If this custom is followed, the silver will be as bright as when it was first bought. The silver may be extended to a month, the silver meanwhile remaining in good condition.

The same good housekeeper prides herself on the crystal clearness of her glass. This she always washes herself in clear, boiling water. "Rub the glasses in sideways," she says, "so that the water touches the outside and inside of the glass at the same time and there will be no streaking." Wash one at a time, rolling it around in the pan with the ends of the fingers, or use a dishcloth kept especially for the glass. Wash the glasses in clear water, and if you are in a hurry, use a little of the old-fashioned "drain" or "dip" before washing a glass that has held milk or a glass milk bottle, rinse first in cold water. A generous-sized piece of coarse, clean, white cloth, kept for raveling and lint, is the best polishing towel for glass.

With the camping outfit under consideration, the Arizona expedient for a camp stove bears passing on. This is simply an empty five-gallon oil can, with one end closed by a cork, and the other by a hole on one side, large enough for the frying pan or kettle to be set in, and make a slit on another side for a draught. For the family that is "taking to the woods" occasionally, without the formality of a train of accompanying baggage, the Arizona camp stove, with its easily hinged lid, and its cooking utensils may be loaded into it, and the whole tumbled compactly under the wagon seat or in a gunny-sack, to hang under the wagon.

In connection with camping, the advice of a woman who has a large house and a large family, but who is not a housewife, succeeds in keeping young and always charming, will be found sound and sensible. "When you get ready to take a little camping trip," she says, "close your house and make it your business to forget all about it. Don't think a single thing. Just enjoy yourself as though you had a care in the world. Worrying and wondering when you remembered to wind the clock and closed the spare room windows, watered the rubber plant or darkened the living room, will ruin the pleasure of the trip. When you get the rest and change you need. Do the best you can to leave everything in good shape, then put it out of your mind, and you will come back rested and equal to any emergency."

For the suppression of the spasmodic cough that often seizes one at the most inopportune time, refusing to yield to cough drops or will power, try this new remedy: Put a few drops of oil of eucalyptus in a bit of cotton and put in a small earthen jar or glass bottle, covering tightly. Carry in your pocket. When you feel the coughing fit coming on, hold the cotton in your hand close to the nostrils. Cover closely again, that it may not evaporate. This has the same effect as the Chinese camphor of peppermint or menthol.

In hot weather many children become subject to violent attacks of nosebleed, due to disordered conditions of the blood. The most direct and useful way to stop the flow is in the application of cold compresses. Dip a handkerchief or piece of cloth in cold water and lay it over the nose. Have the patient sit up and keep the head loosened the clothing freely about the neck. Tuck a dry towel about the clothing and keep it from dripping down. Dip one towel in cold water and wring it out, and press it firmly about the nose. Dip the other towel in cold water and wring it out, and lay it over the head, until the skin is thoroughly cooled. A little vinegar added to the water adds to its value as a styptic.

Where nosebleed is unusually obstinate, refusing to yield to the ordinary remedies, a dentist resort is to plug the nose with a piece of cotton. This is a very effective remedy, and the cotton is easily removed. A box of sewing materials is also a necessity—a lacquered box with a hinged cover or a little covered tin. A box of sewing materials is also a necessity—a lacquered box with a hinged cover or a little covered tin.

A word of caution to the woman who is getting her art needlework in readiness for the summer rest days is not to bite off the ends of silks or colored threads nor moisten them with her lips in order to pass them readily through the eye of the needle. Many cases of arsenical poisoning have been traced to this habit. The arsenic is present in poisonous dyes, and is extremely prevalent, chrome yellows containing lead, greens containing arsenic and blues containing murexide of soda, proving distinctly deleterious.

The June bride who fails to number a bridal chest among her wedding treasures is apt to feel that one of the most delightful adjuncts to that occasion is lacking. The chest does the duty of a wardrobe, a piece of furniture appeal to the feminine mind, but the soft halo of romance thrown about it by the songs and legends of centuries renders it still more to be desired. Exceedingly pretty are the chests made from Norwegian designs in black oak with conventional carved patterns. These come as low as \$8.

Much more elaborate and consequently costly are the Flemish and Spanish, with designs worked out with greatest truth and care.

A pretty custom is when a number of the girl friends of the bride unite in buying a chest, and each contributes a portion, filled with its store of dainty linen carefully marked.

First Office Boy—"De typewriter says she's got pneumonia and typhoid fever coming on."
Second Office Boy—"Oh, it ain't dat. She's got heart trouble and she's engaged to be married—dat's all." Judge.



Who said— Unedda Jinjer Wayfer

Did you?

Don't forget
Unedda Biscuit

NATIONAL
BISCUIT COMPANY

PORCH FLOWER STANDS

UP-TO-DATE FANCIES FOR OPEN AIR PARLORS.

Plants and Good Ideas of Arrangement—Hanging Baskets, Dwarf Oaks and Running Vines.

Written for The Evening Star.

No one is so far away from green fields and running brooks but that some taste of the beauties of nature is possible. Window gardens and hanging baskets will accommodate choice specimens of plant life.

The decorative possibilities of the city or suburban porch have been studied in almost every line. Porch furniture, in all grades from the qualities in simple painted woods to the elegantly enameled wicker or reed ware, is sold at a price so reasonable that the day has gone by when the handy man of the house may flaunt his genius and peril the lives of family and friends with fearful and wonderful porch chairs constructed from discarded barrels and empty soap boxes. Hammocks may be purchased so cheap that highly recommended "patents" for making the aforesaid airy couches from old blankets or empty coffee sacks, buoyantly expanded with barrel hoops, are no longer resorted to with confidence by the feminine hand, and the saving in surgeons' bills seems to justify the change.

No the march of civilization has advanced summer interest to such topics as the best methods of giving porch teas or ways to increase the collection of hardy plants, which form so powerful an auxiliary to the display of lovely woman's charms when she reclines in the hammock, is stretched upon the wicker porch couch or sits in the low easy chair. Rugs and for the stove door, and a small, neat, handsome towel as a cover to the ugly slabs of bureau top one often meets, as well as to the wooden ones spotted and ink stained.

The porch during summer offers an admirable opportunity for exhibiting one's skill as a flower grower. In so many picturesque settings can the plants be displayed that their elegance is, if possible, much enhanced.

Flower stands of all materials are admissible. The most picturesque are of home handwork—the rustic, with foundations of wood to which bits of tree branch, twig and bark are nailed as a covering.

A border of flowering vines planted so that they fill over the sides of the box, run up the rustic handle of twigs that is sometimes added forms one of the pleasing ways of framing the plants used in the stand. Flowering vines, such as clematis, etc., are commonly utilized for the center, but a doubly happy effect is achieved if a trailing vine, such as the honeysuckle, is part of the porch collection. The vine of verbenas, rose geranium, mignonette, sweet-leaved peralagonium and heliotrope are among the choicest. Honeysuckle, sweet pea and other fragrant vines planted on side as porch climbers will add to the sweetness of the nook. Care must be taken, however, that one does not antagonize another, for some flower scents are so powerful as to prove sickening when combined with others—for instance, the heavy odor of the honeysuckle and that of heliotrope do not blend well.

Hanging Baskets.

Stands supplied with brackets for the accommodation of separate pots may be purchased at the florist's or may be imitated by the home carpenter. The wood should be painted a sylvan green.

If it is to hold a miscellaneous assortment of flowers a large box made with fanciful supports is a favorite for the garden. Boxes fixed to the corners or sides of the porch are sometimes inconvenient, and on the whole, present too extensive a display of vegetation to harmonize well with the idea of the porch being a mere sitting room.

Screws should stud the porch ceiling at regular intervals and from these hanging baskets of various sorts may be suspended. Hanging baskets, like the stands, may be of home manufacture. An old wooden bowl or tin pan or basin painted green and well overhung with vines will serve as a basket when nothing better can be secured. Frames of wire purchased in the shops cost very little and when lined with moss and filled with flowers and vines make ideal flower receptacles. Baskets of earthenware painted to represent bits of old pottery, or of terra cotta, are also very pretty. Others may be made at home of real log hollowed out with a chisel and smoothed at each end. The homemade log basket is easily finished, for a couple of screw hooks in the sides and a chain to hang it up by are all that is needed to complete it. Of course, a couple of holes must be bored to allow the water used in moistening the soil to drain out. Rustic baskets covered with bark and bits of branches and twigs are also common to the porch. Bamboo, cane or terra cotta and even cork baskets may be bought in the shops. Swinging bowls of glass for the accommodation of aquatic plants, such as the water hyacinth and the water poppy, make an agreeable variation in the character of the decorations.

Best Selections.

Dwarf lobelia, nasturtium, asparagus, petunias, with its velvety silver-shaped flowers; the passion flower, with its exquisite blossoms and tendrilled branches; the roundlella and the different kinds of torenias and mignonettes make excellent borders.

Among the vining plants may be mentioned the climbing rose, with its leaves marked with white; the tradescantia, a bright, prettily variegated plant; the gray or red-tipped sedum, the trailing, beautifully veined, attractive native of South America; money wort, the vinca, a species of periwinkle; the ivy-leaved geranium, smilax, mignonette and the ivies.

Uprights and Dwarfs.

The upright plants that lend themselves with good effect to the beautifying of the hanging basket are those remarkable for